

## TRUMBULL SENIOR CITIZEN COMMISSION

The Senior Citizen Commission's purpose is the continuous study of the conditions and needs of elderly residents in the community in relation to housing, economics, employment, health, recreational and other matters. They shall analyze the services for the aged provided by the community, both by public and private agencies, and shall make recommendations to the Chief Executive Officer regarding the development and integration of public and private agencies, in cooperation with state and other services to the greatest extent possible.

The Commission meets the last Friday of the month at 10:00am in the Town Hall Long Hill Room. The public is invited to attend and is welcome to speak during Public Comment held at the start of each meeting. You may contact the Clerk at [bcrandall@trumbull-ct.gov](mailto:bcrandall@trumbull-ct.gov) with any questions or comments for the Commission members.

## DONATIONS:

Monetary Donations are gratefully accepted by the Senior Center for many Wish List items. All monetary donations made to the Social Services Department, including the Food Pantry, are used solely to assist Trumbull residents experiencing hardship. Donations can be mailed to The Center at Priscilla Place, 23 Priscilla Drive, or can be dropped off to the office. Please make a notation if there is a specific area you would like your donation directed. Trumbull residents are always an exceptionally generous group and your donations are very much appreciated.

## SENIOR & DISABLED VOLUNTEER TAX RELIEF

The town has established a program of tax relief for qualifying seniors and disabled persons who choose to give their time, talent and energy by volunteering to provide services to the town. Qualifying taxpayers, who volunteer to provide one hundred (100) hours of service to the Town of Trumbull, shall be eligible for a tax credit of a fixed amount up to \$600 upon his or her real estate taxes.

In order to qualify for the residents:

- At the close of the preceding calendar year must be sixty-five (65) years of age and over, or whose spouses, living with them, are sixty-five (65) years of age or over, or sixty (60) years of age or over and the surviving spouse of a taxpayer qualified in this municipality under this section at the time of his or her death or with respect to real property on which such residents or their spouses are liable for taxes;
- At the close of the preceding calendar are eligible in accordance with applicable federal regulations to receive permanent total disability benefits under Social Security;
- Are qualified for permanent total disability benefits under any federal, state or local government retirement or disability plan, including the road Retirement Act and any government-related teacher's retirement plan;
- Own or be held in trust for their benefit and occupy as their principal residence, real property in the Town of Trumbull or be liable for the payment of taxes.

Volunteer hours are to be completed in one (1) calendar year. The tax credit earned shall be applied to the tax bill issued for payment in July of the year following the calendar year of service. Please contact the Senior Center at (203) 452-5199 if you would like to apply.

## TRUMBULL SENIOR CENTER & SOCIAL SERVICES DEPARTMENT RESOURCE GUIDE



**The Center at Priscilla Place**  
(203) 452-5199  
23 Priscilla Place  
Trumbull, CT 06611  
Office Hours: Monday-Friday  
9:00-4:00

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**Director of Human Services:**  
Michele Jakab  
Phone: 203-452-5144  
[mjakab@trumbull-ct.gov](mailto:mjakab@trumbull-ct.gov)

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**Social Services Coordinator:**  
Jennifer Gillis  
Phone: 203-452-5133  
[jgillis@trumbull-ct.gov](mailto:jgillis@trumbull-ct.gov)

**Food Pantry Coordinator:**  
Monica Vallejo  
Phone: 230-452-5135  
[mvallejo@trumbull-ct.gov](mailto:mvallejo@trumbull-ct.gov)

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**Transportation Services:**  
203-452-5137

## TRUMBULL SENIOR CENTER

### The Trumbull Senior Center

Mission: Enrich the lives of adults (55+) by offering programs and education that promote a healthy lifestyle, support independence, and enhance community engagement.

The Center strives to prevent isolation and encourage socialization and offers a variety of innovative programs and activities for older adults geared towards staying healthy: exercise classes, art classes, crafts, games, lectures, trips, health screenings and support groups.

**Wellness Nurse:** A Wellness Nurse is available at the Senior Center. The Registered Nurse's focus is on prevention. She is a wealth of knowledge. Stop by to see her for information and consultation, bring your meds, discharge papers, and questions. Navigating the health care system can be difficult, let the Wellness Nurse help. Hours vary and will be posted at the Senior Center's Main Office, no appointment needed. Phone 203-452-5134.

**Nutrition Program:** The Town of Trumbull and CW Resources collaborate to provide a nutritious daily lunch at the Senior Center. Lunch is served Monday-Friday at 11:45 a.m. Please make your lunch reservations 2 days in advance by calling (203) 378-3086 10am-12:00pm. There is a suggested donation of \$3.25.

**Trumbull Food Pantry:** The Food Pantry is made available to Trumbull Residents who meet the state's financial criteria for public assistance. Eligibility is determined by the Trumbull Dept. of Social Services, located at Priscilla Place. Appointments are necessary and potential clients must show proof of Trumbull residency, and income and expenses of household at the initial appointment. Please call 203-452-5198 to set up a time.

The Pantry exists almost solely through donations from individuals and groups throughout the community. Donations are gratefully accepted 9:00am-4:00pm Monday-Friday.

## TRUMBULL SOCIAL SERVICES

### The Social Services Department:

Mission: Assist Trumbull residents and their families by providing assistance to help meet their basic needs. The Department provides programs such as benefits screenings, financial assistance, resources, information and assistance, counseling and advocacy. In-office and home visits are offered. Please call 203-452-5198.

### CHOICES counseling -

Connecticut's program for Health insurance assistance, Outreach, Information & referral, Counseling and Eligibility Screening. Counselors offer free **Medicare** and **Health insurance** benefits explanation and enrollment assistance for Medicare and other related health insurance options such as: Medicare Part D, Supplemental policies, Medicaid, and low income assistance. Counselors offer **benefit screenings** for programs such as SNAP benefits, Medicare Savings Program, Medicaid and the CT Home Care Program.

**Social Services Emergency Assistance:** The Emergency Services program was established to provide immediate emergency assistance and relief to families and individuals who are faced with an unexpected financial crisis. At the onset of an emergency, Trumbull Social Services is available to offer direct immediate assistance in the form of financial assistance for utilities, medications, food, and other immediate pressing needs. Eligibility Guidelines may be found at: [http://www.trumbull-ct.gov/filestorage/7112/7201/Emergency\\_Assistance\\_Applicant\\_Guidelines.pdf](http://www.trumbull-ct.gov/filestorage/7112/7201/Emergency_Assistance_Applicant_Guidelines.pdf)

### Helpful Links:

#### State of CT Department on Aging:

<http://www.ct.gov/agingservices/site/default.asp>

#### Southwestern CT Agency on Aging:

<http://www.swcaa.org/>

(203) 333-9288

#### CT 211 Connection and to Local Services:

## TRANSPORTATION

**The Center provides transportation** to Trumbull residents, age 60+ and/or disabled age 55-59, Monday-Friday 9:00am-3:30pm. Transportation to and from the Senior Center, medical and legal appointments, personal needs (beauty, bank, etc.) and nutrition programs-traveling to Bridgeport, Stratford, Shelton and Monroe. Grocery shopping is offered on Tuesdays and Wednesdays to Stop and Shop. On Thursday the center offers "The Shuttle Loop" which offers riders a choice of over 10 locations for shopping. All riders must be independent; care givers are welcome. All buses are equipped with a wheelchair lift. Service animals and assistive devices welcome. Assistance to and from the vehicle is not provided. Senior Center membership is not required but all riders must register with the office staff. There is no cost for transportation, however, donations are gratefully accepted and should be brought into the Senior Center office. Contact 203-452-5137 with any questions and to sign up for transportation.

**The GBT Access Service Bus** provides public bus transportation to riders with disabilities throughout the Bridgeport/Trumbull region to access jobs, school, shopping and medical appointments. The bus serves ¾ of a mile around all GBT bus routes. The one-way trip fare is \$3.50. Contact GBT Access bus at 203-333-3031 ext. 131 for eligibility. **Regional Mobility Management Project's Taxi Voucher Program** operates under a partnership between the Kennedy Center and Metro Taxi. Eligibility is determined by the para-transit service (ADA compliance). Individuals receive a 50% reduction of the metered taxi fare via a prepaid debit card. Service is provided year-round 24 hours a day, 7 days a week. For info., call the Regional Mobility Manager at 203-365-8522 ext. 244.

**United Way 211 Hotline** for more information on mobility resources at "Know How To Go" <http://www.knowhowtogoto.org>.

**VA Hospital Transportation** provides transport for eligible Vets including wheelchair services and can be reached at 203-932-5711 ext. 3182, 3327.